

# Easy White Fish Omelette



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes

If you're after a way to spruce up your next meal including fish, this White Fish Omelette should be on the top of your list. With delicious aromas from bay leaves and peppercorn and a creamy texture of the poached white fish paired with eggs, this spin on the traditional omelette recipe will have you going back for seconds.



## Ingredients

- 300ml milk
- 300ml water
- 3 bay leaves
- 1 onion, sliced
- 6 black peppercorns
- 275g white fish fillet

- 6 eggs
- 20g unsalted butter
- 50ml cream
- 2 tablespoon dill chopped
- 2 tablespoon grated parmesan cheese
- 100g Persian feta, crumbled

Method

Poached Fish

1. Mix the milk with 300ml of water together, pour it into a large shallow pan and bring to the boil.
2. Add the bay leaves, onion slices and peppercorns and bring back to the boil.
3. Add the white fish and simmer gently. Poach for about 3-4 minutes, until the fish is cooked.
4. Lift the fish out on to a plate and leave until cool, then break into flakes, discarding any skin and bones.

Omelette

1. Preheat the grill to high.
2. Whisk the eggs together with some seasoning.
3. Heat a 23-25cm non-stick frying pan over a medium heat, then add the butter and swirl it around to coat the base and sides of the pan.
4. Pour in the eggs and, as they start to set, drag a wooden spoon over the base of the pan, lifting up little folds of egg to allow the uncooked egg to run underneath
5. When the omelette is set underneath but still very moist on top, sprinkle over the flaked fish and feta.
6. Pour the cream on top, sprinkle with Parmesan cheese and put the omelette under the hot grill until lightly golden brown.
7. Slide it on to a warmed plate and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
702g	3360kj 803kcal	66.5g	53.2g	29.1g	13.2g	13g	1200mg	1.4g

All nutrition values are per serve.